



2009 Maine PRAMS Data Brief

September 28, 2011

2009 Maine PRAMS Facts

This is a report on the Pregnancy Risk Assessment Monitoring System (PRAMS), a survey conducted on a sample of Maine women with live births since 1987. This report includes data from 2009, the first year of PRAMS Phase 6 data collection. Presented here are some highlights, organized by topic area. More detailed tables of the responses to questions in each topic area are available.

Preconception Health and Family Planning

- 28% of mothers reported dieting to lose weight in the year prior to pregnancy, and over 46% reported exercising 3 or more times per week.
- 6% of women reported visiting a health care worker in the year prior to pregnancy, to be checked or treated for diabetes or high blood pressure, while 21% of women reported visiting a health care worker to be checked or treated for depression or anxiety.
- 52% of women reported not taking a multivitamin during the month prior to pregnancy, while 35% reported taking a vitamin every day.
 - Of those not taking a vitamin, 70% reported their pregnancy was unplanned.
- 39% of mothers reported their pregnancy was unintended.
- 45% of mothers who were not trying to become pregnant reported doing something to keep from getting pregnant.
- 87% reported using birth control at the time of the survey (mothers are mailed surveys 3 months after the birth of their babies)

Prenatal Care

- Most women (88%) reported they received prenatal care as early as they wanted to. Of those who did not, the most common reasons reported were:
 - Did not know they were pregnant (39%).
 - Could not get an appointment (44%).
 - They were too busy (19%).
 - No money or insurance (20%).
- 22% of women reported they did not get advice from a healthcare worker how smoking during pregnancy could affect their baby.
- 66% reported being tested for HIV during their most recent pregnancy.
- 85% reported talking with a healthcare worker about the health affects of mercury on babies and 83% were given a mercury brochure.
- 76% reported talking with a healthcare worker about how much weight they should gain during their pregnancy.

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Alcohol and Tobacco Use

- 37% of women reported smoking in the 3 months prior to pregnancy. 41% reported having smoked some cigarettes in the past 2 years.
- 21% reported smoking during the last trimester.
- 26% reported smoking at the time of the survey.
- 81% reported drinking at least some alcohol in the 2 years prior to pregnancy, and 37% reported at least one binge (4+ drinks/sitting) during the 3 months before pregnancy.
- .4% of women reported binge drinking (4+ drinks/sitting) during the last 3 months of their pregnancy.

Stress and Abuse

- 55% of women reported at least two stressors during the year before giving birth, while 36% reported 3-5, and 9% reported 6 or more.
- 9% reported not having enough money to buy food during the 12 months before their new baby was born.
- 11% reported getting emergency food from a church, a food pantry, or a food bank, or ate at a food kitchen during the 12 months before their new baby was born.
- After childbirth, 33% reported never feeling down, depressed or sad while 9% reported those feelings often.
- Over 97% of mothers reported no domestic abuse during their pregnancy.

Breastfeeding

- 80% of mothers reported having ever breastfed their new baby.
 - Of those that breastfed, 56% are currently breastfeeding their baby.
- Since their new baby was born, 88% of mothers reported getting help with or information on breastfeeding from hospital staff.

Sleep Environment

- 78% of mothers reported most often putting their infant to sleep on his or her back.

Dental Health

- 54% of women reported they had their teeth cleaned in the year prior to their most recent pregnancy.
- 45% reported visiting a dentist or dental clinic while pregnant.
- 64% reported having dental insurance that pays for some or all dental care.

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Postpartum Care

- 10% of newborns were reportedly placed in the intensive care unit.
- Birth certificate data indicated 6% of births were low birth weight babies (<2500 grams or 5lbs, 8oz). 80% of mothers reported having previously delivered a normal birth weight baby (>2500 grams or 5lbs, 8oz).
- 7% of babies were reportedly born premature (<37 weeks). 11% reported having previously delivered a premature baby.

Delivery

- 17% reported planning a cesarean section at least 1 week before birth.
 - 32% of all births were cesarean delivery.
- 37% reported their labor was induced.

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